

Mdaamin Giizis
Corn Moon

September 2020



ENKAMGAK

Translation from Anishinaabemwin: "The Happenings" or "What is Going on?"

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Our offices are closed to the public until further notice.

Council Meeting

Tuesday, September 1st & 15th @ 10am
in Duchesnay

Not open to public during COVID

Submit agenda items by 4pm on the Thursday prior to the Council meeting to: Freda Martel, Director of Administration, by email to fredam@nfn.ca.



Student Transportation Approach

Back to School 2020-2021

As mentioned in the last issue, our Education staff have been working closely with our Health Services team, as well as with our four local school boards, the Kinoomaadziwin Education Body and the Ontario Ministry of Education since March to develop plans and policies to guide a safe return to school for our students.

For the upcoming school year, we understand that you may choose to drive your child to school despite being eligible for transportation. Where possible, parents are asked to arrange their own transportation to and from school for their children.

Please contact our office if you wish to opt out of bus transportation in September. Contact Charlene Bellefeuille, Bussing Coordinator at 705-753-6995 or charleneb@nfn.ca.

School reopening plans for Nbisiiing Secondary School and all four local school boards are available on our [website](#) (on the homepage and under Education > Students > Elementary & Secondary), along with other forms and resources.

Student Registration and Bussing



All students accessing Nbisiiing Bus Lines services must fill out a [Student Information and Bussing Sheet](#) **EVERY YEAR**. This form is available on our [website](#), or please contact the Education Office to request a copy at 705-753-6995.

Adult Education Registration

Are you 21 or older? Do you want to get your Ontario Secondary School Diploma? It may be closer than you think! Your life experiences make you eligible for extra credits.

Classes start Monday, September 14th and are offered twice a week in each community:

Monday & Wednesday from 6pm-8pm

Nbisiiing Secondary School

469 Couchie Memorial Drive, Duchesnay

Tuesday & Thursday from 6pm-8pm

Location TBD

Garden Village

Classes take place from September 14th to December 3rd, and from January 4th to June 20th.

To register, or for more information, please contact the Education Office at 705-753-6995.

Integrated Children's After School Program

An *After School* program will be available to children ages 6-12 years with some changes due to COVID-19, and with a **tentative start date of October 5th, 2020**. The program will operate Monday to Thursday for parents/legal guardians who are registered NFN members, with eligibility/priority given to those where both parents work outside of the home.

The notice and registration forms are available on the homepage of our [website](#), and any inquiries should be directed to Brandie Fong at 705-753-3312 x 3001 or brandief@nfn.ca.

Visit nfn.ca for regular updates about operations, services & supports.

Public Health Update

As of August 21st, there have been 37 positive cases of COVID-19 in the North Bay Parry Sound District Health Unit area, with 36 listed as resolved (recovered) and one death. It has been 46 days without a positive case, and there have been over 25,000 tests conducted in our health unit's catchment area. Although this is encouraging, we must all continue to stay safe and not let our guards down.

Along with [physical distancing](#), [wearing a mask](#) and [other important steps](#), knowing **what to do if you have been exposed** to COVID-19 (coronavirus) is another key way to protect yourself and your community.

But how do you know if you've been exposed to COVID-19? And, if you get sick, how can you make sure even strangers you've been near take the right steps to protect themselves and others? That's where COVID Alert comes in. With this free COVID Alert app, you can:

- get a notification if you may have been exposed to COVID-19
- get advice on what to do next
- tell nearby app users if you test positive for COVID-19, without sharing any personal information

COVID Alert **will not**:

- collect, [store or access any personal data](#), or health information
- tell you if you're *currently* near someone who's tested positive
- tell you about outbreaks in your city or neighbourhood

The COVID Alert is completely voluntary. You choose to download, use or delete it.

The more people who use it, the more effective it will be in helping to protect each other and our communities. Click [here](#) to learn more or to download the app.

There has been an increase in opioid-related overdoses during COVID

As a community, we can work together to help reduce the risk of fatal overdose. To learn more about the signs and symptoms, and how to respond to an opioid overdose, please visit: <https://bit.ly/34fPDRp>



Cannot be woken up



Slow, shallow breathing



Blue lips or nails



Choking or gurgling sounds



Small constricted pupils



Body is limp, cold skin

Recognize the signs and symptoms of an opioid overdose and **help save a life.**



Public Health Information

[North Bay Parry Sound District Health Unit](#)

(updated at 3pm weekdays)
<https://www.myhealthunit.ca/>

[Cases in Ontario](#) (updated daily at 10:30am and 5:30pm)
<https://covid-19.ontario.ca/>

For more information or for medical advice:

- Telehealth Ontario for medical advice at **1-866-797-0000**
- North Bay Parry Sound District Health Unit at **1-800-563-2808 ext. 5229**
- Your primary health care provider (i.e. Family Doctor)

Do not call 911 unless it is an emergency.

Think you have COVID-19 symptoms?

Call Telehealth Ontario: **1-866-797-0000** **OR** use this self-assessment tool to help determine how to seek further care: <https://covid-19.ontario.ca/self-assessment/>

[To book a COVID-19 test, contact:](#)

West Nipissing

Open 10am - 4pm
Mon, Tues, Thurs, Fri
Call 705-580-2186 to make an appointment

North Bay Regional Health Centre

Appointment Required
705-474-8600 ext. 4110



Reports of Tampering with Lawful Fishing Nets

NFN and the MNRF have received multiple reports of net tampering, and issued a notice on August 19th to remind recreational and commercial fishers of their rights and responsibilities related to the fishery we share.

It is an offence under the *Fish and Wildlife Conservation Act* to interfere with, or tamper with, gillnets set for commercial or scientific use. If you observe anyone tampering with fishing gear, please report it immediately to one of the following agencies:

- **NFN Natural Resources**
705-753-2050
- **MNRF Tips Line**
1-877-847-7667
- **Crime Stoppers**
1-800-222-TIPS (8477) or nearnorthcrimestoppers.com

Enforcement officers respond quickly to reports of nets that have been lost, abandoned or tampered with.

Chief and Council continue to affirm the inherent and treaty-protected rights of the NFN membership, and they are committed to maintaining safe harvest levels with our NFN commercial fishery, consistent with Aboriginal and treaty harvesting rights.

Read the full notice here.



Council Connection

Keeping Our Community Informed about Key Issues

Community Safety Forum

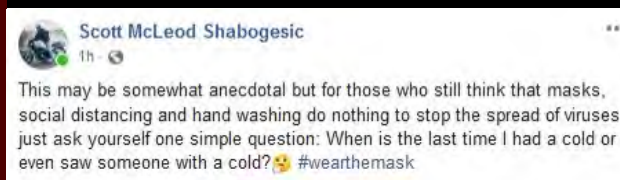
On August 26th, we will host an online community safety forum to bring members together with leadership, mental health and addictions specialists, and the Chief of the Anishinabek Police Service to discuss positive and pro-active approaches to addressing some of the issues our communities have been experiencing related to drugs and criminal activities. The discussion panel will include:

- ◆ Chief Scott McLeod
- ◆ Marc LeSage, Chief of the Anishinabek Police Service
- ◆ Kimberly Lalonde, Director of Health Services
- ◆ Dr. Brenda Restoule, Registered Clinical Psychologist with Giyak Moseng (The Right Path) Counselling and Prevention Services
- ◆ Dr. Ralph Dell'Aquila, Certified Physician with a Focused Practice in Pain, Addiction, and Mental Health

This community forum is a starting point to help raise awareness of issues for Council so that they can use this feedback to inform future thinking and decision-making. We must recognize that this is not simply a Police problem, or a Chief and Council problem, or a family problem, but rather that it will take a collective effort to combat these issues. The opioid crisis has reached epidemic levels worldwide and NFN is not immune to this.

We will not tolerate anti-social behaviours that put our members at risk and prevent them from enjoying their homes and neighbourhoods. We look forward to hosting a respectful dialogue focused on pro-active approaches and listening to ideas at the community level.

Miigwech to everyone for your interest in working together to make our communities safer.



Please note that Council meetings are not open to the public for the time being during COVID-19.

Members are invited to submit any items to the agenda by contacting Freda Martel or sending requests by email to fredam@nfn.ca

STRONGER
TOGETHER

DEBENDAAGZIWAAD NAAKNIGEWIN

Citizenship Law

Our NFN Committees are beginning to meet again and the Citizenship Committee is anxious to get back on track with developing a Debendaagziwaad Naakniigewin (Citizenship Law) that defines the rights and obligations of Nipissing Debendaagziwaad (in accordance with the Gchi-Naakniigewin, Debendaagziwaad “refers to the people of Nipissing First Nation. Those people who are recognized as “those who belong” to the Nipissing First Nation”) and Endaawaad (in accordance with the Gchi-Naakniigewin “means those who live on the Nipissing First Nation but are not Debendaagziwaad”) within the jurisdiction of Nipissing First Nation.

The following members have offered to work on the development of this law. In order to assist them in their work for our Nation, they are interested in receiving your input. Please complete the **Survey** below or contact committee members at the following email addresses to ask questions about the development of this law, to provide your thoughts about this law, or to offer suggestions for the committee to consider:

Arnold May	arnoldcmay@gmail.com
Elaine Commanda	elainecommanda2@hotmail.com
Kile George	kilegeorge@outlook.com
Margaret McLeod	McLeodmargaret69@gmail.com
Noreen Nichol	nnichol@hotmail.ca
Susan Robson	suerobcooks@yahoo.ca
Virginia Goulais	pajiin@yahoo.com
Corey Goulais (Council – Chairperson)	coreygoulais@gmail.com
Michael Sawyer (Council - Chairperson)	mikersawyer@hotmail.com



The Citizenship Committee would appreciate input from the membership to assist them with their work, and has developed a short survey to obtain feedback on three key questions.

#1 - How should we determine who belongs to Nipissing First Nation?
One parent rule? Or other?

#2 - What is the criteria to become a citizen?

#3 - Do I have to apply to become a citizen?

CLICK HERE TO TAKE THE SURVEY, visit nfn.ca or call 705-753-2050 for a copy.

Deadline for responses: September 30, 2020

Employment Opportunities

To view the complete job posting, please click on the position titles below, visit nfn.ca/jobs, or call 705-753-2050 to request a copy by mail, fax or email.

Nbisiing Secondary School Teacher – Contract to January 2021 – 3rd Round Posting
 Apply by Friday, September 11, 2020 at 4:30 p.m.

RECE Teacher - Nipissing Ojibway Daycare - Contract to August 2021 - 3rd Round Posting
 Apply by Friday, September 11, 2020 at 4:30 p.m.

Please submit a cover letter and resume before the deadline by mail, fax to 705-753-0207 or email to resumes@nfn.ca.

Applications received after the deadline will not be considered.

School Bus Drivers
 Two drivers needed for Route 4: Duchesnay, Yellek & Serenity Lane & Route 6: North Bay & Nbisiing Secondary School. Contact Charlene Bellefeuille for more information at 705-753-6995 or by email to charleneb@nfn.ca



Taking care of each other, wherever we are. 

Remember, COVID-19 spreads through spit or droplets, so:

- wear a mask**
- stay 2 metres away** from people outside your social circle
- regularly clean** common surfaces
- gather outside** when possible

A **social circle** is a small group of people that you are in close contact with, sometimes called a "bubble".

Check your provincial/territorial guidelines for what is recommended in your area.

Guidelines for Safe Social Gatherings this Summer

Steps to help keep us healthy when hosting friends & family.



Plan to gather outdoors.

Many experts recommend that outdoor gatherings may reduce the risk of spreading the virus.

Consider hosting your gathering...

- in a park.
- in a backyard.
- on your porch or deck.

1



Plan well.

Tell your guests...

- to stay home if they are sick.
- to maintain good physical distancing.
- how you will share food.
- about things you want them to bring (masks, cups, etc.).

2



The size of your gathering matters.

- Check gathering limits for your area.
- Only have as many people as can safely physically distance in your outdoor space.
- Think about having some of your guests in-person and some online! This can include more people while staying safe, especially at-risk or elderly people who may not be able to come in person.

3



Anyone with symptoms should stay home.

Cancel or postpone your gathering if you (or anyone in your household)...

- have symptoms (including fever, cough, or headache).
- have had close contact with someone who has COVID-19.

4


Guidelines for Safe Social Gatherings this Summer

(continued)



Clean your space.

- Thoroughly clean common surfaces before guests arrive and after they leave.
- Have sanitizer or wipes handy for quick wipe downs.
- Use reusable plastic table clothes that can be disinfected during the gathering.



Do physical distancing.
Guests outside of your **circle** should be physically distanced.

- Set up chairs and blankets 2 metres apart, in advance.
- Elbow bump instead of hugs or handshakes.

Think about staying home if you...

- are over the age of 65.
- have pre-existing conditions that make you more vulnerable to COVID-19 complications.
- are caring for or living with someone in either of these categories.

5



Have good hand hygiene.

- Wash your hands with soap for 20 seconds, often.
- Provide hand sanitizer for guests.
- Wash your hands before preparing food or eating (avoid touching your face).

6

When using someone's bathroom

Treat it like a public washroom.


- Clean your hands well and use toilet paper (or paper towel) to open & close the door.
- Do not touch your face** with your hands unless you have washed them (and not touched any other shared surfaces).
- Bring a small container of hand sanitizer or wipes to clean your hands again as you leave the washroom.




7

Tips for your bathroom


If you are comfortable having guests **who are not in your social circle** use your bathroom, consider the following.




Ask people entering your home to wear a mask.




Clean and disinfect your bathroom well before and after the gathering.




Have guests use paper towels to dry their hands.



Ask guests to sanitize their hands when they leave the bathroom.



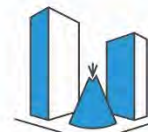
Remove things that will be hard to clean afterwards (like toothbrush, makeup, magazines).



Have disinfectant wipes or spray for guests to clean common surfaces (toilet handles, tap, doorknob) between uses.

NOTE: Evidence says you cannot get COVID-19 from a toilet seat!

Remember that social expectations can be challenging!
You can always say no to invitations and/or expectations to host.
Be clear about your expectations of other people when you invite them over.



GTIGEWIN

Garden Stand Schedule for 2020

Stands will be open Noon-3pm or until supplies last
Please do not visit a garden stand if you have symptoms of COVID-19 and
remember to always practice physical distancing

NEW DATES!

Friday, August 28th

Garden Village - Seniors' Complex

Friday, September 11th

Yellek - Playground

Friday, September 4th

Duchesnay - Nbisiing School

Friday, September 18th

Garden Village - Seniors' Complex

Pick Your Own Schedule for 2020

This year community members can access the garden only at certain
times in order to help keep everyone safe and healthy during the
pandemic. Please do not visit the garden if you have symptoms of
COVID-19 and remember to always practice physical distancing.

NEW DATES!

Starting August 18th, the garden will be open for picking during the
following times:

Tuesdays 4pm - 7pm

Thursdays 4pm - 7pm

Saturdays 9am - noon

While Supplies Last!

For full guidelines on how to visit the garden or garden stands safely, or
for changes to the schedule due to weather, call Erika at the Health Centre
at 705-753-3312 or check the [NFN Health & Recreation Facebook page](#).

Face Masks

Compliments of the
NFN Band Representative Program



COMING SOON

Request yours today
1 free NFN face mask per member/affiliate

NFN Face Masks are on order and will be available soon.

Call Lisa at 705-753-2691

or email lisav@nfn.ca

to request a free mask.

(Name & Band # required)

When the masks arrive, we will schedule appointments for pick up or mail them to members who don't live in the local area.



NFN Band Representative Program - 705-753-2691

36 Semo Road, Garden Village ON P2B 3K2

Wear a face covering when physical distancing is a challenge.

Do:



Wear a non-medical face covering like a cloth mask.



Wash your hands before putting it on and immediately after taking it off.



Make sure it fits well and covers your nose and mouth.



Change your face covering when it gets slightly wet or dirty.



Wash your face covering in hot water with detergent after each use.



Dispose of single-use face coverings into a lined garbage bin and wash your hands.

Do not:



Do not wear a medical-grade mask as these should be reserved for our health care workers.



Do not share face coverings with others.



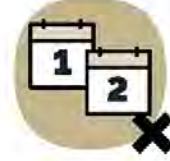
Do not touch or move your face covering when wearing it.



Do not place on children under the age of two years or on anyone who can't take it off on their own.



Do not use plastic or other materials that you can't breathe through as a face covering.



Do not re-use face coverings that cannot be cleaned.

It is recommended you wear a face covering when physical distancing is a challenge. Stop the spread of COVID-19.

The best way to protect yourself is to continue to stay home as much as possible, wash your hands thoroughly and often, and stay 2 metres apart from others.

Visit [ontario.ca/coronavirus](https://www.ontario.ca/coronavirus)

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May 2020 © Queen's Printer for Ontario 2020.

Ontario 



Cloth Face Coverings During COVID-19

The best way to stop the spread of COVID-19 is by staying home and avoiding close contact with others outside of your household.

If you must leave your home it is recommended that you use a face covering (non-medical mask such as a cloth mask) to reduce the risk of transmission of COVID-19 when physical distancing and keeping 2m (6ft) distance from others may be challenging or not possible.

Things to Consider When Wearing a Cloth Face Covering

- * Face cloth covering will not protect you from getting COVID-19, it is to protect those around you should you not show any signs of COVID-19
- * If you start to have difficulty breathing while wearing the cloth face covering remove it immediately
- * The cloth face mask can be tied or secured to prevent slipping

Children under 2 years of age, people that have trouble breathing, anyone who is unconscious, incapacitated or otherwise unable to remove the mask without assistance SHOULD NOT WEAR A FACE COVERING

How to Use a Face Covering

When wearing a face covering you should:

- * Wash your hands with soap and water for 20 seconds or hand sanitizer with at least 60% alcohol before putting it on and immediately after taking it off (practice good hand hygiene while wearing your face covering)
- * Make sure your mouth and nose are fully covered
- * The covering fits snugly on the sides of your face with no gaps
- * Avoid moving the mask around or adjusting it often
- * Avoid touching the coverings while using it
- * Do not share with others
- * Face coverings should be changed when they get slightly wet or dirty.

Disposing of Face Coverings

- * Throw out in a lined garbage bin if disposable
- * Wash your hands
- * Do not leave in shopping carts or on the ground

Cleaning Reusable Cloth Face Coverings

If the face covering can be cleaned, you should:

- * put it directly into the washing machine or a bag that can be emptied into the washing machine
- * wash with other items using a hot cycle with laundry detergent (no special soaps are needed), and dry thoroughly
- * wash your hands after putting the face covering into the laundry

All face coverings **that cannot be cleaned** should be thrown out and replaced as soon as they get slightly wet, dirty or

Adapted from <https://www.ontario.ca/page/face-coverings-and-face-masks>

May 23rd, 2020

5 KEYS TO SUCCESS IN VIRTUAL COURSES

HERE ARE SOME RECOMMENDED STRATEGIES FOR REMOTE AND ONLINE COURSES THAT WILL HELP YOU TO NOT JUST SURVIVE BUT ALSO THRIVE DURING YOUR VIRTUAL FALL TERM!



REVIEW YOUR COURSE RESOURCES

Browse each course to review your syllabus and find out whether your course will include lecture slides or online discussion boards. You're setting yourself up for success by taking an inventory of available resources at the beginning of the term.

The sooner you become familiar with the resources that are available for each of your courses, the better equipped you'll be to engage with your course material.

STAY UP TO DATE WITH MESSAGES FROM YOUR TEACHER/PROFESSOR

- Check virtual learning spaces and your school email regularly for news items and information from your teacher/professor.
- Still have questions? Take advantage of available virtual office hours and reach out to your teacher/professor if you need clarity regarding an assignment or course content.
- List the key dates in all your courses.
- Online and remote course require self-direction and accountability. Treat each course, whether it has weekly class meetings or not, as if you still have scheduled in-class time. Block time to complete readings, review lecture slides, create notes, or try practice problems.
- We can all relate to a time when an assignment or test seemingly snuck up on us. Avoid surprises by listing each assessment (midterms, essays, discussion posts, final exams) at the beginning of the term and tracking throughout.
- Stay organized by using any school built-in calendar functions or a day planner to keep track of due dates. Or create your own on a Google calendar.



DEVELOP A PLAN TO MANAGE YOUR TIME

Utilize the flexibility of virtual classes and create a personalized schedule that works best for your internal clock. For example, if you're a morning person and know you're most alert after your first cup of coffee, dedicate that time for high-focus tasks like writing an essay or doing a practice quiz before a midterm. Research shows coordinating your day based on your body's internal clock can help you become more productive and efficient with your to-do list.



Stay on track by breaking down your assignments into smaller tasks to create a complete calendar of due dates for the term. Creating daily and weekly to-do lists can help you track your progress. Keep motivated by celebrating the small victories, such as staying one chapter ahead in your readings.

TAKE ADVANTAGE OF AVAILABLE ACADEMIC SUPPORTS

Connect virtually with the people and services dedicated to supporting your academic success! Remember, there are many resources that are ready to help.

Bonus: Reach out to Classmates to Maintain Social Connections (and to Maximize Learning!)

Be sure to take advantage of peer-led course support when available. Bring your group study sessions online and work with classmates to create student plans, review course concepts, test each other on challenging concepts, and engage in peer editing.



BUILDING THESE STRATEGIES INTO YOUR LIFE IS A GREAT WAY TO MANAGE VIRTUAL COURSES THIS FALL SO THAT YOU CAN BE HEALTHY, HAPPY, AND SUCCESSFUL THIS SEMESTER.

INFORMATION COURTESY OF SARAH SYRETT, MSW

GIVAK MOSENG THE RIGHT PATH
316 TED COMMANDA DRIVE, GARDEN VILLAGE, ON

705-753-1375

FEND OFF DIGITAL FATIGUE

THE SUDDEN, UNANTICIPATED SHIFT TO A VIRTUAL WORLD AS A RESULT OF THE PANDEMIC HAS REQUIRED US TO ADJUST TO A NEW WAY OF WORKING, LEARNING, AND SOCIALIZING. FINDING YOUR GROOVE IN A REMOTE LEARNING ENVIRONMENT CAN TAKE TIME AND A LOT OF TRIAL AND ERROR TO FIND WHAT WORKS BEST FOR YOU. HERE ARE A FEW TIPS TO HELP YOU FEND OFF DIGITAL FATIGUE DURING YOUR REMOTE TERM.



KEEP A CONSISTENT SLEEP SCHEDULE

Research has long shown that sleep is essential for learning. As such, it's one of the most beneficial habits you can develop as a student, and yet it's often the first thing to go out the window when life gets busy. Going to bed and waking at the same time every day regulates your biological clock, helping your body work more efficiently. It can be challenging to get into a routine at first but stick with it, and you'll notice improved concentration, stable energy throughout the day, increased immunity against illness, better digestion, and more! It's important to keep in mind that different bodies have different rhythms and needs when it comes to rest, but seven to nine hours of sleep per night is recommended for optimal wellness.

SCHEDULE YOUR TIME

With so many distractions and competing priorities beckoning at home - laundry, the latest binge-worthy Netflix series and the fridge, for example - it's easy to put off important tasks, but this ultimately causes work to pile up and stress to build over time. Creating an outline for your day will help you stay focused, keep on top of deadlines, and manage your energy effectively. Remember that just because there's no set schedule doesn't mean you can't make one for yourself. If your professors are recording lectures for you to view at your convenience, pick a recurring time to watch them each week as though you have set class time. Try using a digital calendar, paper agenda, or a notebook to map out your day and hold you accountable to your plan.



BREAK UP YOUR DAY

Your eyes, brain, and body need a break, especially when working at home, as we don't have the same naturally occurring breaks in our day - like walking between classes, getting up to fill your water bottle, and meeting your peers for lunch. We recommend taking at least one stretch break per hour to work out the kinks in your body and rest your eyes. If you think you might be most productive in short bursts, try using the Pomodoro Technique (described at end of article) to break up your study sessions. If you find yourself working through lunch, set the alarm on your phone to remind you to pause for a bite to eat and a glass of water. This will help you avoid that mid-afternoon crash that leaves you tired, unfocused, and irritable.



SET DAILY GOALS

Have you ever noticed that time goes by slowly when you have nothing to do, and flies past when you have an arm's-length list of things to get through? When you have a lot on the go, making a task list can feel overwhelming, which is why we suggest starting each day by choosing two to three priority tasks you want to accomplish and writing them down somewhere visible for built-in accountability. As you knock tasks off your list, give yourself a gratifying checkmark, and any tasks you don't complete can be added to tomorrow's list.



PREPARE LIKE YOU'RE GOING SOMEWHERE

If you had a school routine that worked for you before, find creative ways to get back into it. If you didn't, it's never too late to start a routine that helps you kick off your day on the right foot! Would you normally commute to campus? Take a walk around the block instead and go straight to your workspace upon your return. Does exercise help you feel awake and alert? Start your day with "movement." Would you pack your lunch or take a shower and get changed into new clothes before you leave the house? Get into the habit of doing those things even if you don't plan to leave home. Although it can be fun to hang around in pajamas at first; however, the novelty wears off over time. Meanwhile, a lack of structure can blur the lines between work and play, impacting your focus, motivation, and productivity.



POMODORO TECHNIQUE (FRANCESCO CIRILLO)

- Set a timer for 25 minutes, and start your task. Use a phone or any online version.
- If a distraction pops into your head, write it down on a piece of paper and return to your task.
- When the buzzer rings, put a check mark on your paper. You've completed one increment, also known as a pomodoro.
- Take a five minute break. You can check the distractions that popped into your head, stretch, grab a cup of tea etc.
- After four pomodoros, take a thirty-minute break.
- Repeat!

BUILDING THESE STRATEGIES INTO YOUR LIFE IS A GREAT WAY TO FEND OFF DIGITAL FATIGUE THIS FALL SO THAT YOU CAN BE HEALTHY, HAPPY, AND SUCCESSFUL THIS SEMESTER.

INFORMATION COURTESY OF SARAH SYRETT, MSW

GIVAK MOSENG THE RIGHT PATH
316 TED COMMANDA DRIVE, GARDEN VILLAGE, ON

705-753-1375

Nbisiing Anishinaabemwin

September - Mdaamin Giizis (Corn Moon)

Mdaamin giizis, dgosenmin wii naadmawshiyana mina wii-waamdashin maa maadziwin mina wii-nsotamaan maa mnidoo maadziwin maa pii minwa waakwiing.

Gii – kendaan Gzhemnidoo wiin gii saad Mdaamini Giizis, wii naadmaawshid; ji-gwekgaabwiyaan maa megwaa maadziwin.

Gookmis mooshkeshkaagan maadziwin wii mi wiidesmninaa. Aabwenmishin, giishpin nendamaan gego wa wiinmoonaan mii dash pii tkweshkoonaan mii ji-mno piitenmiszooyaan wii mnaadenmidzooyaan. Miigwech.



Corn Moon, I humble myself to you for the journey of Creation shown to me and the understanding of the continuing journey of the spirits from this world to the next.

The Creator instructed Gookmis to teach me; so I may remain in balance with Creation .

Gookmis, my heart is filled with the energies to live and share this spiritual journey.

In the 13 rows of multi-coloured corn lies the spirits of the universe, waiting to begin the ever continuing cycle of life, as it was in the beginning.

I ask that I may be forgiven for the things I do not speak of, the things I have forgotten. When we meet again at the crossroads, I will journey with honour and dignity for all that I am.

Nishnaabe kidwinan

- Ni-dkwaagi** - Getting to be fall
- Gaawbiinong** - West
- Ningishmong** - Sunset
- Mkadewaa** - Black
- Wiiba dbikat** - Early darkness

Dialogue : Ezhiwebak noongom gwajiing?

(Weather today outside is...)

Noongom – Present/Now

- Mno-giizhगत noongom.** It's nice today.
- Noodin noongom.** It's windy today.
- Gimiwan noongom.** It's raining today.
- Dkayaa noongom.** It's cool today.

Tomorrow - Waabang – future (wii)

- Wii- mno-giizhगत waabang.** It will be nice tomorrow.
- Wii- noodin waabang.** It will be windy tomorrow.
- Wii- gimiwan waabang.** It will rain tomorrow.
- Wii- dkayaa waabang.** It will be cool tomorrow.

Yesterday- Jiinaago – past

- Jiinaago gii- mno-giizhगत.** Yesterday it was nice.
- Jiinaago gii- noodin.** Yesterday it was windy.
- Jiinaago gii- gimiwan.** Yesterday it was raining.
- Jiinaago gii- dkayaa.** Yesterday it was cool.

kiishbaaw'ii kiing around the earth / on the land

- mnis** island
- gchi pkwanaag** mountain
- nookming , mtigkaang** forest
- migizi soswan** eagles nest
- miikaans** trail
- miikan** road
- jiikbiig** shore
- ni-pkwanaa** hill
- zaagigan** lake
- zaagigaans** little lake
- ziibi** river
- giishkaapkaa** rocky ledge / cliff
- mashkiig** muskeg
- neyaa** point
- neyaashiing** around the point
- zaagdawaang** mouth of the river
- baawtigong** falls
- pimeknak** ditch/ side of the road
- pkwanaa** hill
- niisaapkaag** rocky slope
- zhiibaayaa** narrows
- ni-neyaapkaa** smooth rock
- siniikaa** rocky area
- mgwii** sand
- wiikwedong** bay
- miinkaang** blueberry patch
- shkiikminkaang** cranberry patch
- deminkaang** strawberry patch
- mskogminkaang** raspberry patch
- niibmiinan** high bush cranberry

Nipissing First Nation 32nd Annual Pow Wow 2020 – Virtual Edition Date TBA

We are accepting Registration of NFN members and their families

Dancers: On Reserve members will be assigned a date and time. Our video crew will visit the community, in sequence, based on where you reside on the reserve. We are encouraging our members to also place your their bundles out in your yard. We are supplying the sound/Drum for these videos and you and your family will dance your dance category.

Our off Reserve members are invited and encouraged to send in a video of themselves/children dancing to be a part of our virtual edition pow wow.

Craft Vendors: NFN is also requesting that all craft vendors can set up your booth in their front lawns for us to video and show case on the video. Craft vendors must be open to EMT and personal arrangements, also welcome to set up the day of powwow in their yards. We will not be a part of the sale process, the sales are arrangements made between the vendors and the public. We will, however, assist by showcasing your art and products during the pow wow.

To register: Send names of dancers, style of dance, address, which community within NFN i.e. Garden Village, Yellek, etc.

Please email all registrations to mindym@nfn.ca. For more information, please contact Mindy at the NFN Culture Centre at 705-753-2050 x1260.

Request for Services - Videographer NFN Virtual Pow Wow 2020

We are seeking a Request for Services Proposal from registered NFN members to record live images of drummers, dancers and scenery for NFN's Virtual Pow Wow.

The videographer will be responsible to:

- Provide clean audio and video to livestream NFN's virtual pow wow.
- Attend various locations on reserve and area to record drummers and dancers.
- Capture content and edit scenery shots both live and still to include in virtual footage.
- Must provide own equipment.
- Must be available for pre-recordings and live feed dates.
- Must have strong public relations skills.
- Must have access to a reliable vehicle and a valid driver's licence.



Please submit your proposal outlining all services and costs for services including references and samples of your work no later than 4:30 pm on Friday, September 11, 2020 to:

Dwayne Nashkawa, Chief Executive Officer
Nipissing First Nation
36 Semo Road, Garden Village, ON P2B 3K2
Fax: 705-753-0207 | Email: dwaynen@nfn.ca

Miigwech to all persons interested in this opportunity; however we will only contact those whose proposals align with our budget and meet all criteria stated above.

[Download the Request for Services document here](#) or visit nfn.ca for details.

Updates from the Culture Department

32ND ANNUAL TRADITIONAL POW WOW - Virtual Edition

We are planning to host our 32nd Annual Traditional Pow Wow virtually. As you may be aware, NFN, along with many other First Nations, has cancelled all community events and gatherings and will reassess in the new year. We have a posting out right now for a videographer to film this virtual edition pow wow. Please see the previous page for more details.

We want to issue a call out to NFN membership and families, to register as dancers. We will arrange for the videographer to visit your home and will record you and your family to dance on your property. We will have our NFN Drum songs recorded and will put together a Grand Entry with this videos.

Our pow wow will still have our emcee commentating, our elders videorecorder, our head dancers, etc. We cannot be together in a large gathering at this time, but we are sure, viewing our community and young people on our Grand Entry, will be memorable. Our virtual pow wow will include our craft and food vendors. This year's theme is "Honouring our Bundles" Watch for more information. Updates will be posted to [NFN Annual Traditional Pow Wow](#) on Facebook.

For more information, or to register yourself or family as a dancer(s) or to register as a craft or food vendor, please contact mindym@nfn.ca or 705 753 2050 x1260.

Upcoming NIBF Workshops

We are in receipt of a grant from the National Indian Brotherhood to host some seasonal workshops until next spring. Because of COVID-19, we have had to modify our plans to offer these workshops either live on our Facebook page or by Zoom. At this time, we have a posting for a coordinator for this project. We will also share our information of the workshops on our Facebook page [NFN Culture & Heritage Events](#).

NBISIING NISHNAABEMWIN

We are hoping to have things in place soon to offer our Nishnaabemwin classes online via Zoom or Facebook live. At this time, we are looking at a class for beginners and one for more novice learners. We are also in receipt of a grant from Canadian Heritage Aboriginal Language Initiative to have our Nishnaabemwin teachers transcribe recordings from our speakers, to create a booklet at the end of our project. This will hopefully begin in September. Our Facebook page is [Nbisiing Nishnaabemdaa](#).

We are finishing up another project of creating lesson plans for our Nishnaabemwin teachers, in answer to their need for curriculum/lesson plans in the original language of our territory. This will help create uniform and consistent teaching tools, as opposed to our teachers creating their own, as they go along.

We are having another activity for binoojiinyag, for our children this month. We have a small booklet printed out of nishnaabemwin words and simple activities. These will be available for pickup, or email or inbox delivery by September 8th. These will be a simpler one for smaller children and one for older children. We would like the children to complete the little activities in the booklet and return to us by email to gailm@nfn.ca by September 25th.

The winners of our Nishnaabemwin video contest last month are: *Falcon McLeod* and *Clayton Hughes*. These can be viewed on our Facebook page Nbisiing Nishnaabemdaa. We are proud of our learners. Miigwech to all participants.

NBISIING HERITAGE

We want to update our membership on some projects we are working on:

At this time, we continue to work on publishing our Book: Gaa-Bi Kidwaad Maa Nbisiing/The Stories of Nbisiing. We are in the process of editing. Writing this book is a partnership between Glenna Beaucage (NFN Culture Center) and Katrina Srigley (Nipissing University). We began this book in 2010, community information gathering.

We are also working on a couple of other projects: We are researching Nbisiing Ndoodamag, our clans. We are reviewing old archival documents and will piece together our findings, for all to see. Another exciting project! This project is also in partnership with Nipissing University (Kirsten Greer and Joan McLeod) and Glenna Beaucage (NFN Culture)

This is a callout to NFN membership who want to be interviewed to share any of our old community stories of events, experiences, historic, photos for our community gallery, recordings, artifacts, memorabilia. Think about this: long after we are gone, our youth and community will have this vital information. If you have any historical documents or newspaper clippings, please contact: glennab@nfn.ca.

History of Contemporary Pow Wow, and Present

In January 2017, Glenna Beaucage and Jane Commanda attended a Pow Wow Knowledge Sharing Gathering in Rama First Nation. There was a very good attendance and the panel consisted of pow wow veterans: Bea Shawanda, Wikwemikong FN; Tim McGregor, Wikwemikong FN; Christopher Pheasant, Kingfisher Clan, Wikwemikong FN; Allan Manitowabi, Beausoleil FN; and Chief Isadore Day, Ontario Regional Chief.

This gathering was held to discuss our community pow wows and arrive at more consistent uniformity of hosting and protocols within our pow wows. There was good discussion, and some controversial issues and concerns were brought up for all of us to think about when planning our community pow wows. Below are some of the highlights of our discussion:

- ◆ Pow wows have always been about visiting and taking care of each other. It was/is a grassroots gathering, coming together, and friendship. It is about family time and getting well. Host communities took care of the visitors and provided food and gas money. We treated our visitors very well. ***Our pow wows are about Respect * Honour * Generosity***
- ◆ Pow wows were once community sponsored. A joyful event. Pride in who we are and to pass on culture and teachings. Market your pow wow as the type it is going to be: ceremonial, traditional, competition.
- ◆ Some larger competition pow wows have pulled away from that original idea, but we don't knock that. The pow wow was and is about bringing the drum where it is needed. The economy is difficult now. We are losing our sources and losing community volunteerism.
- ◆ Some pow wows are 140 years old. Some are only 30 years old. Wikwemikong's pow wow is 56 years old. We are still in transition.
- ◆ In our history, before the pow wow began, we had the ceremonies. We had painted drum ceremony, rain dance, and sun dance. The pow wow was the social event.
- ◆ We need to re-ignite the grass dance society, the painted drum, the whip man, the eagle staff carrier. Encourage the young people to go to the knowledge. Pow wow has become a gateway for respect, honor, generosity.

Pow wow committees have a huge task.

Protocols:

It seems protocols are being made up as we go along. We can't do this or we can't do that. Some examples: you can't *carry a baby onto the dance arena*, or Creator will take him back: No pictures during the Grand Entry. Pow wow is a celebration, a social event, not a ceremony. Pictures can be taken. During ceremonies pictures are not taken. During celebrations, pictures are taken.

We bring drama to our pow wows. There is criticizing and judging. We are in times of change. There are some things trying to pull us apart.

It is about the drums and the songs. *Period.*

What is the local protocol? We cannot impose onto other communities. How does the community understand culture? It needs to be in sync with our spirituality. Culture in most forms, is how we live. Belief systems are different.

Pow Wow is not a ceremony. It is a social celebration. The pow wow ceremony happens at the sacred fire. People are adding on to it. There needs to be consistency of the original intent.

Pow wow songs are social, lodge songs are ceremonial. People come to dance and sing. They already know where they have to go to practice their ceremonies. The dance is to honor the community. Pow wows are a celebration of life with mother earth. Smoke your pipes at sunrise, including pipes belonging to drums.

The chosen elders at our pow wows are our diplomats. They welcome visitors, they do dispute resolution with the pow wow committee.

- *Religion and politics don't belong at the pow wow.* Don't bring up issues at the pow wow.
- Shake hands when you leave. Respect.
- During flag song, honour song, veteran's song, put away your phones and be with us in this moment.
- Have an agenda *for emcee* and list of all dancers and drums. Pow wows aren't about a bunch of talking, the emcee is just a filler.
- Have back up helpers for emcee and arena director
- Communities have old protocols and some new ones that come in, depending on what a community wants and what we have adopted (i.e. regalia and dance style).

History of Contemporary Pow Wow, and Present Continued

- If our pow wow has a *princess*, make up cards for the emcee so he can let people know what they represent.
 - The idea of *Grand Entry* comes from Buffalo Bill in the Wild West where they paraded all the zhaganaash dignitaries. Originally, after the grass dancers did their dance, the drum started and people danced without a grand entry.
 - An ogimaa can help with decisions where needed because he or she is leadership.
 - The head dancer has a relationship with the emcee. Head dancer is not a ceremonial position. You need to know when you are needed. It is a working position. You need to know when you are to be out there. The emcee shouldn't have to call you. You are the spirit.
 - *When is the whistle blown and when can we fan the drum?* If you have to ask if you can use it, you are not ready to use it. Use sparingly. You ask the drum to sing 4 more pushups. Use semaa at the drum. You need to honour those men. You will either put gifts or monetary gifts or cold drink or food. You have to remember that to have the right to use these, you are giving a piece of yourself back to creator. It has to mean something, not blown because it sounds good or fanned because it looks good. Maybe someone is asking for a prayer for family. There is no guarantee the drum will do the song. Sometimes a person does it for show and the drum won't do the song. All song and dance is a prayer.
 - There are 2 rules to dance. You have to dance hard, not just look good. You can't just dance hard and have unkempt regalia.
 - Don't *reprimand someone* in front of other people. Take them aside.
 - Include daycare eagle staffs. These should also be honoured.
 - *Women at the Big Drum*: Black lodge singers had a mother and daughter at their drum. We don't dictate our beliefs onto others. Different tribes have different beliefs.
 - Know your history, respect the protocols.
 - Where was the big drum brought to? Who brought it there?
 - Some protocols cannot change.
 - Look after the older people, the drummers and singers.
 - Make sure to finish the ceremony of sharing. Shake hands at the end.
 - Give a portion of what you win, to those who didn't win.
 - *A feather falling*, elders pick it up and say some words. Don't chastise. Some places pick it up, shake their hands. Consider when we lost a feather, the ancestors were watching. They wanted to join us. They will pluck a feather and put it to the ground.
 - Have a generous spirit and kindness.
 - Discourage chewing gum during invocation. Gently remind people that a prayer is going on.
 - *Raising your drumsticks over your head*: The old drums didn't do that but we have to consider the different sound today and how the drums are made. The traditional drums were base drums.
 - Some pow wows still have sacred clowns to remind us of our vanities. Exaggerate our vanities.
- Other – For the Future:**
- We need *apprentices*. For sound, for arena director, for staff carrier.
 - When we host a pow wow, our community is hosting. *We are representing our community*. You want people to remember your pow wow and know your community.
 - For *budget*, maybe if each department puts 5% towards the community pow wow, rather than spending on new computers, etc. There is money for community.
 - Pow wows have *rejuvenated our culture*. We have seen people we thought would be institutionalized or dead who have found healing around the drum. They have changed their direction.
 - There are only so many intertribal that a drum can do. We need our snake dances back, our rabbit dances, buck and doe, swan dance, and the specialty dances. The new drums don't know these songs.
 - The 1970s brought the movement of the Born Again Indian. Some became overly proud. There was a big shift. We have to calm down. *Zaamgo*. Too much of can't do this and can't do that. We are bastardizing our teachings. We have to use our common sense.
 - Consider Saturday Grand Entry to be 1:00pm to give travelers time to arrive. And then 12:00 Sunday Grand Entry.
 - If you have to be adamant about anything, **be adamant about our language****. We lose our language, we lose our connection to the water and the land. Our language creates the relationships with the land. We were created last, to take care of the land. When you speak the language, respect is there.

Cultural Events

Beaded Lanyard Necklaces

with Lily Armstrong

Friday, September 11th

Facebook Live access for participants.

No participant fee.

For more information or to register, please contact:

Mindy at 705-753-2050 or mindym@nfn.ca.

NFN members receive first priority for registration.



Woodland Regalia Project

Dates TBD by Facilitator

Starting in September and running for a few months

We need commitments from participants as each workshop will take two days. Workshops will include:

WOODLAND: hats, ribbons shirt, apron (2 days each)

OLD STYLE FANCY: otter hair ties, t-dress and shawl (2 days each)

There will be participant fees set.

NFN members receive first priority for registration.

Details will be posted on [NFN Culture & Heritage Events](#) once confirmed. For more information, please contact:

Mindy at 705-753-2050 or mindym@nfn.ca.

These workshops are made possible by Ontario Arts Council.

Nishnaabemwin Activity Words & Booklets for Children

Small booklet printed with nishnaabemwin words and simple activities will be available for pickup, email or inbox delivery by September 8th. There will be a simpler one for smaller children and one for older children.

We would like the children to complete the little activities in the booklet and return to us by email to gailm@nfn.ca by September 25th.

Programs for Children (Ages 6-12)



Wednesday, September 9 - **Bracelet Making** @ 6:00pm - Online using Zoom Platform

Tuesday, September 22 - **Pony Beading** @ 6:00pm - Online using Zoom Platform

Monday, September 28 - **Scavenger Hunt** @ 6:00pm - Online using Zoom Platform

Netflix Dates will follow.



Pop Up Events - watch our Facebook page (@[Nipissing First Nation Child Welfare](#)) for pop up events that can win you extra ballots or even some prizes... you will have 2 days to sign up!

Registration is required for all events. For more information or to register for Children's Programs for ages 6-12, please contact Katie @ 705-753-2050 ext. 1323 or by email to katiel@nfn.ca.

Youth Events (Ages 16-24)



Sept. 15th, 22nd & 29th
Netflix Party @ 7:00pm
Online using Zoom Platform

Registration is required.

Each participant will receive a mystery treat box to enjoy during the show! Please register with bradyp@nfn.ca.



Every *Thursday* in September
Virtual Game Nights @ 7:00pm
Online using Zoom Platform

Registration is required.

Some of the games include Jackbox.Tv, Ultimate Werewolf & Codenames. Please register in advance with bradyp@nfn.ca.

September 8th until September 18th **Outdoor Scavenger Hunt "Riddle, Search & Post"**

Participants will have two weeks to solve all the riddles and capture photos of each task.

Once completed, please submit the information to bradyp@nfn.ca.

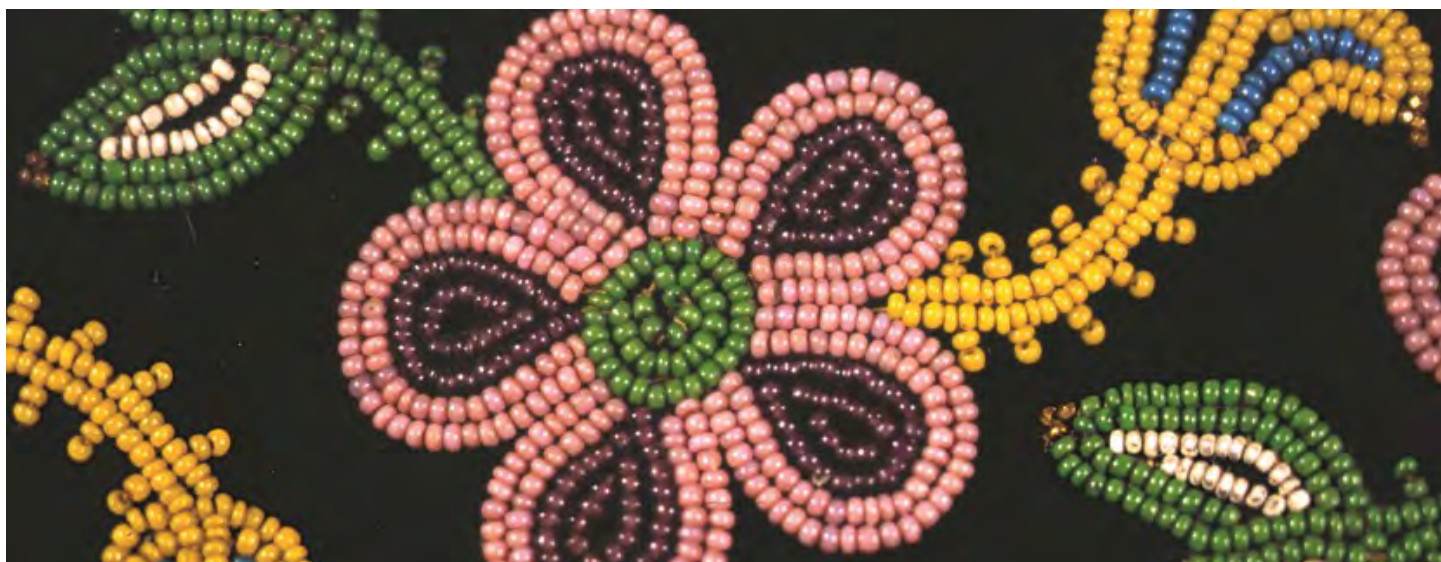
Saturday, September 26th **Painting with Designs by Jules** 11:00 a.m. - 3:00 p.m. Online using Zoom Platform

Limited spots available. Contact Brady at 705-753-2050 or bradyp@nfn.ca to register.

Deadline to register is Friday, September 18th.

Wednesday, September 23rd **Beading Social (Orange Shirt Day Pin)** 7:00 p.m. Online using Zoom Platform

To register, please contact Brady at bradyp@nfn.ca or call 705-753-2050 ext. 1274.



Registration is required for all events. For more information or to register for Youth Programs, please contact Brady @ 705-753-2050 ext. 1274 or by email to bradyp@nfn.ca.

JOIN THE GREEN SIDE

Rinse & Clean your containers!

Make sure to RINSE / CLEAN your containers.

Unrinsed containers, or unaccepted items in the blue bin can damage equipment at the Recycling facility, or contaminate the rest of the bin leaving the item, and others, unrecyclable.

ACCEPTABLE CONTAINERS will have a symbol somewhere on the packaging:



NFN Uses a 2-Box Sorting System. One for CONTAINERS and one for PAPERS. Do not mix the papers and containers.



BLUE BOX BLUNDERS

DO NOT PUT THESE ITEMS IN BIN

- Grocery store plastic bags
- Any type of plastic that has NO number for recycling (Trash bags, ziplock bags, potatoe chip bags, 6 pack plastic)
- Any laminated or resealable plastic bags (including ziplocks, cheese plastic)
- Soiled Paper, Fast food wrappers, paper plates or ice cream boxes
- Fast Food drinking cups (eg. Tim Horton's)
- Cereal Liners
- Cellophane (Plastic wrap)
- Butchers paper
- Shower liners
- Bubble wrap
- Coffee Pods
- Foil gift Wrap
- Syrofoam
- Candy Wrappers
- Hard plastics such as dishes, toys, laundry baskets, hoses and tupperware

Miigwetch from the Commanda Family

The family of the late Ephrem Commanda would like to say Miigwetch for the caring and support of so many in the loss of our dear brother. The loss of our brother has been difficult. He was not a church person, nor was he traditional in belief... but he was Anishnabe and dearly loved by many.

We would like to thank Nipissing First Nation Administration, Lee McLeod of the Homemakers Club, all of the relatives and cousins who rallied around us in our time of need. Special thanks to Dave Miner for being his caretaker and companion in his final years... our family truly appreciates your sacrifice.

Other special thanks to Peter Beaucage, Lester Mianskum and Tory Fisher for their participation in honouring our brother at his send off into the spirit world. His journey is not over, it just continues on in the spiritual realm. Thank you for being a part of our story here on earth.

We are forever grateful to the staff of West Nipissing General and all staff of the other two hospitals (North Bay & Sudbury) who cared for Ephrem in his final days. Also, thank you to Theoret Funeral Home for your assistance.

Blueberry season will never be the same... baamaapii dear brother – dear friend!!

The Commanda Family

Ruby, Gert, Dan, Leona & Madeline



NFN member looking to purchase a **waterfront home in Garden Village, Yellek or Duchesnay.**

Preference for a 3 bedroom home, or 2 bedrooms + basement.

Please contact **Arthur at 705-977-4611** or by email to arthurminer8@hotmail.com if you are selling or planning to sell a home fitting this description. Miigwech!



Dreamcatcher
Charitable Foundation

Miigwech from Arihanna Commanda


I would like to thank the Dreamcatcher Fund for supporting me to learn some ice hockey and skating skills.

I really enjoyed being on the ice and making new friends, and I had a great Timbits hockey season. Miigwech!



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(613) 809-0903 or vlaforge@gmail.com



George Couchie
705-494-6887


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